

**ABSTRACT**

Electrical muscle stimulation relies upon the application to the muscles of a patient of a stimulating signal which comprises a series of regularly spaced bursts of pulses. Each burst includes a first component as a  
5 first continuous train of regularly spaced pulses and a second component as a series of regularly spaced second trains of regularly spaced pulses. The second component is combined with the first component and the spacing between successive pulses in the second pulse trains is less than the spacing between successive pulses in the first pulse train. A third component as a  
10 series of regularly spaced third trains of regularly spaced pulses may be combined with the first and second components, the spacing between successive pulses in the third pulse train being less than the spacing between successive pulses in the second pulse trains.